

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization  
International Bureau



(43) International Publication Date  
7 July 2005 (07.07.2005)

PCT

(10) International Publication Number  
WO 2005/060884 A1

(51) International Patent Classification<sup>7</sup>:  
A63B 21/02, A41D 13/00

A61F 5/01,

(74) Agent: BURROWS, Anthony, Gregory; Business Centre West, Avenue One, Business Park, Letchworth Garden City, Hertfordshire SG6 2HB (GB).

(21) International Application Number:  
PCT/GB2004/005437

(81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(22) International Filing Date:  
20 December 2004 (20.12.2004)

(25) Filing Language: English

(26) Publication Language: English

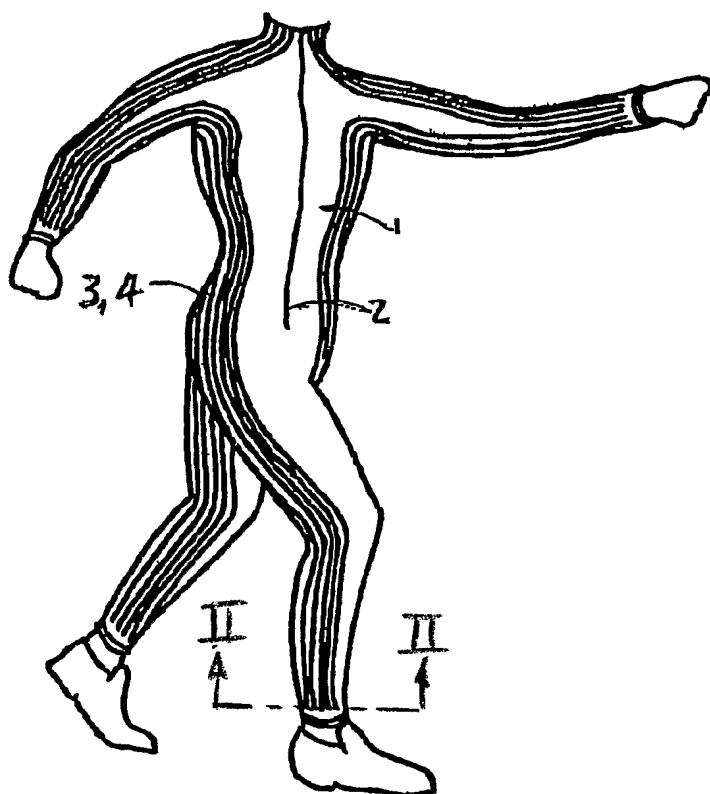
(30) Priority Data:  
0329583.9 20 December 2003 (20.12.2003) GB

(84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,

(71) Applicant and  
(72) Inventor: PAPE, Leslie [GB/GB]; 7 Falstone Way, Hexham, Northumberland NE46 2DY (GB).

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(54) Title: RESISTANCE EXERCISE CLOTHING



(57) Abstract: A clothing article includes form-fitting, lightweight, clothing material (1) fitted with a series of extension springs which are encapsulated in pockets (3) which are substantially parallel to each other and in close proximity to each other. The springs (4) therefore give the article a built-in resistance so that, when the article is worn for prolonged periods of body movement, the body is required to work significantly harder during that physical movement.

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FR, GB, GR, HU, IE, IS, IT, LT, LU, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

— before the expiration of the time limit for amending the claims and to be republished in the event of receipt of amendments

**Published:**

— with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.